

**Statistics Report 35185, Frybread, made with lard (Apache)**
**Report Date: July 16, 2017 03:15 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a>	g	33.11	2	--	32.55	33.67	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Energy	kcal	309	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Energy	kJ	1292	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Protein <a href="#">1</a>	g	8.38	2	--	8.3	8.46	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Total lipid (fat) <a href="#">1</a>	g	10.14	2	--	9.39	10.89	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Ash <a href="#">1</a>	g	2.36	2	--	1.74	2.98	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Carbohydrate, by difference	g	46.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Fiber, total dietary <a href="#">1</a>	g	1.7	2	--	1.3	2.2	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Sugars, total <a href="#">1</a>	g	1.54	2	--	1	2.08	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

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Sucrose <a href="#">1</a>	g	0.22	2	--	0.15	0.29	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Glucose (dextrose) <a href="#">1</a>	g	0.09	2	--	0.07	0.11	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Fructose <a href="#">1</a>	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Lactose <a href="#">1</a>	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Maltose <a href="#">1</a>	g	1.22	2	--	0.77	1.68	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Galactose <a href="#">1</a>	g	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Starch <a href="#">1</a>	g	43.29	2	--	43.05	43.54	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	52	2	--	47	57	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Iron, Fe <a href="#">1</a>	mg	3.43	2	--	3.38	3.48	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Magnesium, Mg <a href="#">1</a>	mg	19	2	--	17	21	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

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Phosphorus, P <a href="#">1</a>	mg	112	2	--	98	126	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Potassium, K <a href="#">1</a>	mg	75	2	--	70	80	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Sodium, Na <a href="#">1</a>	mg	671	2	--	436	906	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Zinc, Zn <a href="#">1</a>	mg	0.47	2	--	0.41	0.54	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Copper, Cu <a href="#">1</a>	mg	0.096	2	--	0.08	0.12	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Manganese, Mn <a href="#">1</a>	mg	0.405	2	--	0.29	0.52	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Selenium, Se <a href="#">1</a>	µg	6.5	2	--	4.5	8.5	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
<b>Vitamins</b>													
Thiamin <a href="#">1</a>	mg	0.531	2	--	0.52	0.54	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Riboflavin <a href="#">1</a>	mg	0.264	2	--	0.26	0.27	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Niacin <a href="#">1</a>	mg	4.335	2	--	4.11	4.56	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

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Vitamin B-6 <a href="#">1</a>	mg	0.068	2	--	0.06	0.08	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Folate, total <a href="#">1</a>	µg	112	2	--	111	112	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Folic acid	µg	93	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Folate, food	µg	19	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Folate, DFE	µg	177	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
Vitamin B-12 <a href="#">1</a>	µg	0.00	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.09	2	--	0.06	0.12	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Tocopherol, beta <a href="#">1</a>	mg	0.03	2	--	0.03	0.03	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Tocopherol, gamma <a href="#">1</a>	mg	0.59	2	--	0.42	0.77	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Tocopherol, delta <a href="#">1</a>	mg	0.12	2	--	0	0.24	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Vitamin K (phylloquinone) <a href="#">1</a>	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
<b>Lipids</b>													
Fatty acids, total saturated	g	3.631	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006

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8:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
10:0 <a href="#">1</a>	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
12:0 <a href="#">1</a>	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
14:0 <a href="#">1</a>	g	0.165	2	--	0.12	0.21	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
15:0 <a href="#">1</a>	g	0.020	2	--	0.01	0.03	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
16:0 <a href="#">1</a>	g	2.105	2	--	2.08	2.13	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
17:0 <a href="#">1</a>	g	0.061	2	--	0.03	0.09	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
18:0 <a href="#">1</a>	g	1.250	2	--	1.12	1.39	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
20:0 <a href="#">1</a>	g	0.019	2	--	0.02	0.02	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
22:0 <a href="#">1</a>	g	0.010	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	3.500	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
14:1 <a href="#">1</a>	g	0.021	2	--	0.01	0.03	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
15:1 <a href="#">1</a>	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
16:1 undifferentiated <a href="#">1</a>	g	0.165	2	--	0.15	0.18	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
17:1 <a href="#">1</a>	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
18:1 undifferentiated <a href="#">1</a>	g	3.258	2	--	2.89	3.62	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
20:1 <a href="#">1</a>	g	0.056	2	--	0.04	0.07	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Fatty acids, total polyunsaturated	g	1.306	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2006
18:2 undifferentiated <a href="#">1</a>	g	1.211	2	--	1	1.42	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
18:3 undifferentiated <a href="#">1</a>	g	0.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.075	2	--	0.03	0.12	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

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18:3 n-6 c,c,c <a href="#">1</a>	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
20:2 n-6 c,c,c <a href="#">1</a>	g	0.020	2	--	0.01	0.03	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
20:3 undifferentiated <a href="#">1</a>	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
20:4 undifferentiated <a href="#">1</a>	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Cholesterol <a href="#">1</a>	mg	4	2	--	3	5	1.0	--	--	1	Analytical or derived from analytical	--	04/2006

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD